

## 1. Ama Dablam Expedition

### 2. Overview

The Ama Dablam Expedition with High Route Adventure is a remarkable mountaineering journey that encapsulates the essence of adventure in the heart of the Himalayas! Ama Dablam, often referred to as the "Matterhorn of the..."

### 3. Itinerary

#### Day 01: Arrival in Kathmandu

Altitude: 1,400m/4,593ft

Stay: Hotel

- Our team eagerly awaits your arrival at the airport in Kathmandu
- Drive to Thamel, hotel check-in
- Stay overnight at your hotel in Kathmandu

**Traveler's note: Thamel houses most trekking shops, restaurants, hotels, and boutique handicraft shops. Here you'll find anything and everything you need for a successful summit climb up Mt Ama a Dablam!**

#### Day 02: Sightseeing in Kathmandu/Trip preparation

Altitude: 1,400m/4,593ft

Meals: Breakfast

Stay: Hotel

- Enjoy breakfast at your hotel
- Our High Route Adventure's tour guide will pick you up at the reception
- Cultural sightseeing tour in Kathmandu:
  - Swayambunath Monkey Temple
  - Pashupatinath Hindu Temple
  - Boudhanath Buddhist Stupa
  - Kathmandu Durbar Square
- After your tour, we'll drop you back at the hotel
- Before dinner we hold a detailed safety and trip briefing
- Stay overnight at your booked hotel in Kathmandu

**Traveler's note: For dinner options, we recommend one of the local restaurants, a staple dish of Nepal is the traditional dumpling called MoMo, absolutely delicious. Thamel has also a lot of options for international cuisine for you to choose from. For any recommendations, we'll be happy to provide you.**

#### Day 03: Flight to Lukla (2,828m/9,279ft) + Trek to Phakding

Altitude: 2,780m/9,121ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Hotel breakfast and check-out

- Shuttle to the domestic airport
- Make an exhilarating flight to Lukla airport
- After landing we meet up with our Porter team
- Final gear check
- Start the trek
- Follow the trail towards Phakding
- Descend towards the Dudh Khusi River
- Follow the River upstream
- Finally, we cross the suspension bridge and head into Phakding village
- Take dinner and stay overnight at the local guesthouse

***Traveler's note: Also known as one of the most unique airports in the world, the landing and take-offs from Lukla are heart-racing!***

#### **Day 04: Trek to Namche Bazaar**

Altitude: 3,440m/11,287ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Enjoy your first Himalayan breakfast
- Start to trek
- The trail leads further along the River
- Make way to Monjo by crossing the Dudh Khosi a few times
- Make sure to check your permits at the check post
- Ascend further to Jorsalle and ultimately Namche Bazaar
- Have dinner and stay overnight at the local guesthouse

***Traveler's note: The Sagarmatha or Everest National Park entry point is Monjo village, hence the permit check post! While traversing around Larja Dobhan you'll have a chance to see your first views of Mt Everest from the viewpoint!***

#### **Day 05: Rest day at Namche Bazaar**

Altitude: 3,440m/11,287ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Take breakfast in the Sherpa town of Namche Bazaar
- Today we hold our first acclimatization day:
  - Hike up to the Everest View Hotel in Syanboche (first views of Ama Dablam)
  - (Optional) Hike further to Khumjung, to visit the Khumjung Monastery
- Depending on the time you can further explore around Namche Bazaar
- Have dinner and stay overnight at the local guesthouse

***Traveler's note: Did you know that Namche Bazaar from a distance looks like a horseshoe? Here you can find many restaurants, pharmacies, and even luxury resorts!***

#### **Day 06: Trek to Phortse**

Altitude: 3,850m/12,632ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Enjoy breakfast at the guesthouse
- Start to trek
- Retrace yesterday's steps toward Khumjung

- Head north to Phortse Thanga
- Cross the Dudh Khosi Nadi River
- Continue now to the east until Phortse village
- Dinner and overnight stay at the guesthouse

**Traveler's note: Also used to trek towards the Lakes of Gokyo in the western region of Everest Phortse also serves as a crossroad for trekkers.**

### Day 07: Trek to Dingboche

Altitude: 4,350m/14,272ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Enjoy your breakfast at the guesthouse
- Start to trek
- Take the trail east to Pangboche
- More eastwards the trail leads towards Somare
- Cross the Imja River to Debuche
- Head on to Dingboche
- Take dinner and stay overnight at the guesthouse

**Traveler's note: While entering the Imja Valley today it is common to see lots of yak herds. The next day we have our second and last acclimatization day.**

### Day 08: Rest day at Dingboche + hike up to Chukung Ri (5,364m/17,600ft)

Altitude: 4,350m/14,272ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Enjoy your breakfast at the guesthouse
- 2<sup>nd</sup> Acclimatization day
- Day hike up to Chukung Ri
- Enjoy incredible views of Ama Dablam, Lhotse, & Makalu
- Hike back to Dingboche
- Have dinner and stay overnight at the same guesthouse

**Traveler's note: Did you know that from tomorrow we veer off the Everest Base Camp trail, and head east towards the foot of Mt Ama Dablam? It officially marks the last day of trekking and the start of the expedition. The views from Chukung Ri are incredible, on clear days you get to see a great part of the entire Everest region's mountain peaks such as Island Peak, Nuptse, etc!**

### Day 09: Trek to Ama Dablam Base Camp

Altitude: 4,570m/15,000ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent

- Take breakfast at the guesthouse
- Start the trek by heading back south towards Somare
- From here we go further south to Pangboche
- Here we hold a final gear and supply check before heading east
- The trail follows the Cholungche Khola River
- Head north on the path leading up to Ama Dablam Base Camp
- Settle in at our High Route Adventure Camp
- Depending on the time we'll hold a climbing class as well

- Dinner and overnight stay at Ama Dablam Base Camp

**Traveler's note: Pay good attention during the climbing class, the next day we'll hold a practice climb towards the Advance Base Camp and back. Take a good rest as tomorrow you'll set your first steps on the massif Mt Ama Dablam!**

### Day 10: Acclimatization Climb to Advance Base Camp (5,182m/17,000ft) + Return to Base Camp

Altitude: 4,570m/15,000ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent

- Enjoy your first camp breakfast at the foot of Mt Ama Dablam
- Climbing training
- Head towards Advance Base Camp
- Navigate crevasses, some steep sections, and rocky outcrops
- Take a rest at Advance Base Camp
- Climb back down to Base Camp
- Have dinner and stay overnight at Base Camp

**Traveler's note: Today's section is more about acclimatization and getting a feel for the route and technical sections. Take your time with today's climb and take in the view as you ascend higher up the mountain.**

### Day 11: Rest day in Base Camp + pre-climbing training

Altitude: 4,570m/15,000ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent

- Enjoy breakfast at Base Camp
- Today we rest and hold a few practice climbs to Advance Camp and back down
- We'll also go over safety protocols, ice pick climbing and rope techniques
- Dinner and overnight stay at Base Camp

**Traveler's note: Our expert High Route Adventure climbing team takes the day to teach you invaluable techniques, pay attention as these can greatly help you overcome the obstacles lying in wait as we try to reach further up the mountain! During this day our team will also set up camp in Advance Base Camp anticipating your arrival.**

### Day 12: Climb back to Advance Base Camp

Altitude: 5,182m/17,000ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Enjoy breakfast at Base Camp
- Follow the pre-practiced route up to Advance Base Camp
- Dinner and overnight stay at the camp

### Day 13: Climb from Advance Base Camp to Camp I

Altitude: 5,639m/18,500ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Breakfast at Advance Base Camp
- Climb up to Camp I
- Use the newly learned climbing techniques to cross the Yellow Tower section
- Navigate further up until reaching our pre-set tents

- Dinner and overnight stay at Camp I

### Practice climb to Camp II (5,944m/19,500ft) + return to Camp I

Altitude: 5,639m/18,500ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Breakfast at Camp I
- Today we practice the climb to Camp II and head back to Camp I
- During this day's climb you'll have to pass 2 sections:
  - The Grey Tower
  - The Mushroom Bridge
- Once reaching Camp II we take a rest
- Climb back down to Camp I
- Dinner and overnight stay back at Camp I

### Day 15: Descend from Camp I (5,639m/18,500ft) back to Ama Dablam Base Camp

Altitude: 4,570m/15,000ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Breakfast at Camp I
- Retrace your climbing steps back to Base Camp
- The rest of the day is free
- Dinner and overnight stay back at Ama Dablam Base Camp

### Day 16: Climb from Base Camp (4,570m/15,000ft) back to Camp I

Altitude: 5,639 m/18,500ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Breakfast at Base Camp
- Make your way back to Camp I
- Having done this part multiple times makes it easier to reach back
- Dinner and overnight stay at Camp I

### Day 17: Climb back to Camp II, then to Camp 2.7

Altitude: 6,350m/20,800ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Breakfast at Camp I
- Head for Camp II by traversing the climbing sections again
- Break and lunch
- Climb further to Camp 2.7 below the summit
- Dinner and overnight stay at Camp 2.7

### Day 18: Climb from Camp 2.7 to Ama Dablam Peak Summit (6,812m/22,349ft), then return to Camp 2.7

Altitude: 6,350m/20,800ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Early breakfast at Camp 2.7
- Today is the big day
- Start the climb at sunrise
- Traverse the technical parts
- Make your way along the ropes over the icy surface
- Reach the summit of Ama Dablam Base Camp
- Take in the 360° views from the top of the mountain
- Climb back down to Camp 2.7
- Dinner and overnight stay back at Camp 2.7

### Day 19 Descend from Camp 2.7 to Base Camp

Altitude: 4,570m/15,000ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- Breakfast at Camp 2.7
- Descend back to Camp II, and Camp I
- Rest for lunch
- Enjoy some of the last views as you descend the mountain
- Reach back at Base Camp
- A small party to celebrate your successful summit climb
- Dinner and last overnight stay at Ama Dablam Base Camp

### Day 20 Extra Day for contingency

Altitude: 4,570m/15,000ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent Camp

- This day is calculated as a contingency in case of bad weather

### Day 21 Trek from Base Camp back to Namche Bazaar

Altitude: 3,440m/11,284ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Enjoy your last breakfast at Ama Dablam Base Camp
- Today we trek back to Dingboche
- From here we head back on the EBC trail
- Exit the Imja Valley and follow the trail back
- Retrace your steps back via Tengboche
- Continue on the trail until reaching back at the Sherpa village
- Have dinner and stay overnight at Namche Bazaar

### Day 22 Trek from Namche Bazaar back to Lukla

Altitude: 2,840m/9,316ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Have breakfast at the guesthouse
- Head back down in to the tree line via Jorsalle
- Continue descending back to Monjo

- Follow the trail back to Phakding along the Dudh Khosi River
- Make your way further downstream then ascend back up to Lukla
- Dinner and overnight stay at Lukla

### Day 23 Flight from Lukla back to Kathmandu

Altitude: 1,400m/4,593ft

Meals: Breakfast

Stay: Hotel

- Breakfast at the guesthouse
- Short scenic flight back to Kathmandu
- Pick up by our team at the airport
- Transfer back to your booked hotel in Kathmandu
- Enjoy a special and complimentary farewell dinner
- Overnight stay at your hotel

### Day 24 Contingency day in Kathmandu

Altitude: 1,400m/4,593ft

Meals: Breakfast/Dinner

Stay: Hotel

- This day is planned as a contingency in case of any bad weather

### Day 25 Final Departure from Kathmandu

Meals: Breakfast

- Hotel Breakfast + Check-out
- Our team will transfer you to the airport approx. 3hrs before departure
- We hope you enjoyed the Ama Dablam Expedition and look forward to organizing another trip for you

## 5. Cost Includes

### Airport Pick-up & Drop Services:

- International Airport arrival pick-up
- International Airport drop-off on your final departure day
- Domestic Airport drop-off from the hotel
- Domestic Airport pick-up & transfer to the hotel
- If your Ama Dablam expedition starts from Ramechhap Airport instead of Kathmandu Airport, transportation between Kathmandu and Ramechhap will be arranged via shared vehicle.

### Accommodation & Food Services

- Four nights in Kathmandu in a 3-star category hotel (Twin Sharing)
- Best available local lodge/ teahouse during the trek (Twin Sharing)
- Tented camp during the climb (Above Base Camp)

- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek and climb
- Available seasonal fruits throughout the trek/climb
- Breakfast in Kathmandu
- Welcome and farewell dinner at one of the finest Nepalese Restaurants with traditional ethnic music and Cultural Performance

### **Permit & Taxes**

- Sagarmatha National Park Permit
- Local Government Entry Permit
- Mt Ama Dablam Expedition Climbing Permit
- All other government, local taxes, and official expenses

### **Domestic Flights**

- Kathmandu to Lukla flight ticket( round ticket)
- Ramechhap To Lukla Flight Ticket ( Round ticket)

### **Guide & Porter Services**

- English- speaking government- licensed Trekking & Climbing guide
- Local Sherpa for carrying Luggage (up to 25 kg Max )
- All Meals for the guide, porter & All Staff for the trekking & climbing period
- Insurances for guide & porter All Staff for the trekking & climbing period
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

### **Other Services**

- Surface transportation will only be included during the trekking and in major cities for members, per the scheduled itinerary.
- Clean, nutritious, and fresh food at the advanced base camp and camp two in the Amadblam Expedition. We provide you with nutrition, high-altitude package food, essential EPI cooking gas, stoves, and warm pocket food above the advanced base camp of the Aama Dablam Expedition.
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Rope rope-fixing team of experienced Sherpas will fix the rope and the route.
- Good quality tents and kitchen utensils for camping during your Climbing period
- 1-hour trekker's massage / Yoga Retreat after the trip completion.
- High Route Adventure's duffel bag, t-shirt, and trekking map.
- Climbing certificate issued by HRA, MoCTCA, and NMA (after climbing successfully).
- Weather forecast report during the entire expedition.
- If you need any assistance with departure information, flight ticket reconfirmation, or Visa extension procedure services, HRA fully supports you without any charges.

## **6. Cost Excludes**

- Cost for additional trips.
- The cost incurred during the tour around the city.

- Extra hot showers, wifi & battery charging on a trek, and Climbing Period
- Extra porter charge
- Meals in the city except for breakfast and other mentioned special dinners.
- Nepal arrival visa.
- Personal trekking & climbing equipment items
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, Extra porter, etc.)
- Any extra expenses arising out of various/ unforeseen situations like natural disasters, landslides, political disturbances, strikes, or changes in government regulations costs are not included in the package cost.
- Summit Bonus for USD 800/- for each climbing guide, and your approbation to Guide, Herpas, and crew Members.
- Travel insurance covers emergency rescue and evacuation.

## 7. Equipment / Packing List

*Everything You Need to Pack for a Safe and Successful Climb* Climbing Ama Dablam (6,812m) is both rewarding and demanding. The right gear can make all the difference in your comfort, safety, and summit success. Here's a carefully crafted checklist of equipment you'll need for the full expedition—from base camp to the summit.

### ? Clothing: Layer Up for All Conditions

#### Base Layers (Next to Skin):

- 2–3 moisture-wicking thermal tops (synthetic or merino)
- 2 thermal bottoms (warm and breathable)

#### Mid Layers (Insulation):

- 1 lightweight fleece or softshell jacket
- 1 insulated down or synthetic jacket (for warmth at higher altitudes)
- 1 insulated pant or thicker fleece pant

#### Outer Layers (Wind/Water Protection):

- 1 waterproof jacket with hood (Gore-Tex or similar)
- 1 waterproof over-pant (full-zip preferred for easy on/off with boots)

#### High-Altitude Summit Gear:

- Expedition-grade down jacket (rated for -20°C and below)
- Down suit or heavy down trousers for summit day

### ? Footwear: Keep Your Feet Warm and Safe

- 1 pair of warm inner socks (several pairs)
- 2 pairs of thick outer socks (wool or mountaineering type)
- 1 pair of insulated double mountaineering boots (e.g., La Sportiva, Scarpa)
- Lightweight camp shoes or sandals (for resting at base camp)
- Gaiters (high-altitude snow protection)

### ? Hand Protection

- 1 pair of liner gloves (lightweight for base camp use)
- 1 pair of insulated gloves (for high camp)
- 1 pair of heavy-duty mittens (down or synthetic)

## ? Headwear & Eye Protection

- Warm hat/beanie (covers ears)
- Buff or neck gaiter
- UV-protected sunglasses (cat. 3 or 4)
- Glacier goggles (for summit day)
- Climbing helmet (essential for rockfall protection)
- Headlamp with extra batteries

## ?? Climbing Gear (Technical Essentials)

- Climbing harness (adjustable leg loops recommended)
- Ice axe (classic mountaineering type)
- Crampons (compatible with your boots)
- Ascender (Jumar)
- Belay/rappel device (ATC or similar)
- 2 locking carabiners + 2 non-locking
- Prusik cords or personal anchor system
- 2 slings (60cm and 120cm)

## ? Packs & Bags

- Expedition backpack (60–75L for carrying gear)
- Daypack or summit pack (30–40L)
- Duffel bag (for porter transport; 80–100L)
- Waterproof stuff sacks or dry bags (for organizing and protecting items)

## ?? Sleeping System

- High-altitude sleeping bag (rated -20°C to -30°C)
- Sleeping bag liner (adds extra warmth)
- Inflatable sleeping pad + foam pad (for comfort and insulation)

## ?? Personal Items

- Water bottles (2 x 1L) and/or hydration system
- Insulated flask (for hot drinks on summit day)
- Personal snacks and energy bars
- Lightweight travel towel
- Sunscreen (SPF 50+) and lip balm
- Basic toiletries (toothbrush, paste, wipes)
- Hand sanitizer
- Pee bottle (optional, for use in the tent)

## ? Medical & Safety Kit

- Personal first-aid kit (include painkillers, altitude meds, band-aids, etc.)
- Diamox (for altitude adjustment – as per doctor's advice)

- Water purification tablets or filter
- Blister care supplies (tape, moleskin)

## ? Documents & Extras

- Passport & copies
- Expedition permit copies
- Cash (small notes for tips and purchases)
- Journal/book/cards (for downtime)
- Power bank and charging cables
- Camera or GoPro (optional but recommended)

## ? Final Tips Before You Go

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- Test your gear before the expedition to ensure comfort and compatibility.
- Avoid overpacking — focus on warmth, functionality, and durability.
- Coordinate with your expedition provider for group gear like ropes, tents, and oxygen if applicable.